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FLU SEASON **PAGE 18**



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# Snow-related 311 calls jump 1,000%

**Call volumes.** Nearly 11,000 calls recorded in December

Winter-weary Calgarians filed 10,000 more complaints about snow- and ice-covered roads last month than in the same month the year prior, according to new municipal data.

The city's 311 operations centre was bombarded with nearly 11,000 service calls during last month's wintry cold snap — more than double all of 2012's requests combined.

Roads department spokesperson Carissa Vecio pointed to the city's "exceptional" snowfall in explaining the whopping year-over-year jump.

"The increase in service requests really tells the same story as the weather," Vecio

said. "It reflects ... the general state of what everybody is going through."

At roughly 52 centimetres, Environment Canada reports Calgary received three times the amount of snow this December over last.

Under the city's snow-clearing strategy, the first response is geared toward plowing the major traffic routes such as Macleod Trail. This year, the city has been unable to launch its full seven-day plan because crews have been so busy keeping up with those roads.

Coun. Jim Stevenson's office has been inundated with gripes from residents in the northeast communities he represents. As an advocate for changes to the city's snow-clearing strategy, the Ward 3 councillor understands the frustrations coming from people on the other end of the phone.

"You've always got a few people who just want to complain," Stevenson said Monday. "Generally speaking, people that call are genuinely concerned about the issue and they feel we should be doing something about it."

When someone dials in a snow-and-ice-related request, it gets funnelled through the roads department on to one of five district managers and then over to the snow boots on the ground. Clusters of complaints are plotted on a map, Vecio said, and some obvious trends emerge.

Despite best efforts, she contends it can be hard to keep up.

"We look at the service requests and have a priority system to tackle them," Vecio said. "But when we have so many of them it's hard to tackle all of them."

BRYAN WEISMILLER/METRO



## WORTH CELEBRATING

Joe Colborne celebrates his goal against the Colorado Avalanche in Denver on Monday. The Flames won 4-3. Story, page 21. JOE MAHONEY/THE ASSOCIATED PRESS



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Highway 27 near Olds

## Car crash leaves several dead, gravely injured

Three people were killed and three more were rushed to a Calgary hospital in life-threatening condition after a highway crash near Olds on Monday evening.

At about 6 p.m., authorities closed both lanes of Highway 27 in between Highway 2 and 2A.

Few details were immediately available, but EMS spokesman Adam Loria confirmed three people were pronounced dead by paramedics on scene.

Loria told Metro three other patients were taken to Calgary's Foothills Hospital in life-threatening condition.

"It's a very scary time for everybody involved," he said in a phone interview from the crash site, about 90 kilometres north of Calgary.

"There were bystanders who came across this terrible incident," he added.

A fourth person was taken to hospital in Olds in serious but stable condition, according to EMS.

The four people taken to hospital were reported to be men in their late 20s or early 30s.

The crash involved a Ford Freestar carrying six people and an Acura sedan, according to Olds RCMP. They said the driver and lone occupant of the Acura was killed at the scene, as was the driver and a rear passenger of the minivan.

Police don't believe weather or alcohol were factors but said the condition of the road surface may have been.

BRYAN WEISMILLER/METRO



Medical marijuana licence holder Lisa Kirkman inhales from the bag of a Volcano vaporizer at her Calgary home on Monday. Kirkman plans to stage a "vape out" with other licence holders at a Calgary hospital on Wednesday to protest Alberta Health Services' current position on vaporizer use. ROBSON FLETCHER/METRO

# Calgarian on hunger strike over pot 'ban'

**Medical marijuana.**  
Woman on liquid diet until hospital policy on vaporizers changes



ROBSON FLETCHER  
robson.fletcher@metronews.ca

Medical marijuana user Lisa Kirkman says she used to regularly consume vaporized cannabis while in Alberta hospitals but a sudden change in policy and grinding bureaucracy have now made it effectively impossible for her to access medical care.

"I want to be able to receive medical treatment like every

other Albertan, like every other Canadian," she said Monday.

As a protest, Kirkman is staging a hunger strike to force some sort of action on her medical care.

Kirkman said a Nov. 4 Alberta Health Services memo — which she described as a well-intentioned attempt to codify a previously ad hoc policy on vaporizer use — resulted in vaporizers being effectively banned in the interim.

"In the meantime, we should go back to the status quo," she said. "I need care now. I needed care two months ago."

Kirkman said she needs marijuana to control a host of medical conditions, typically vaporizing every 15 to 20 minutes.

Currently, AHS "is looking

**Urgency**

**"I need care now. I needed care two months ago."**

Medical marijuana user Lisa Kirkman

at developing a process" for in-hospital marijuana use, according to spokesman Don Stewart.

"This is about the balance between patient need and the health and safety of other patients, staff and visitors," Stewart said in an email. "Negative-pressure rooms work best to accommodate this but they may not always be available."

But Kirkman said negative-pressure rooms were rarely available, in her experience,

and when she attempted to vaporize elsewhere, she was physically prevented and ejected from facilities.

"The law says I am allowed to use my vaporizer in any public facility," she said. "There needs to be a medical reason (to prevent me), not just some arbitrary, reefer-madness thing."

She noted her son, Noah Kirkman, is also a medical marijuana licence holder and regularly vaporizes at Western Canada High School, where special accommodations have been made.

"Why is it, that a few blocks away at Sheldon Chumir (Health Centre), that same kid can't use that same vaporizer?" she said.

WITH FILES FROM JEREMY NO-LAIS/METRO

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# Redford looking to sell Alberta's experience to India

Premier Alison Redford said she hopes to sell not only the province's oil and gas when she travels to India, but also Alberta's expertise.

Redford is set to travel to India on Thursday and spend five days in the country on a trip which will also take her to

the World Economic Forum in Davos, Switzerland.

The premier said an oil and gas conference, where she is scheduled to speak, is going to be an important boost to Alberta companies looking to do business in the country.

"There are going to be a lot

of companies that have been working hard to try and get some access and I think it's going to be very helpful," she said.

Redford said the relationship runs both ways, as many Indian firms are interested in investing in Alberta's oil patch.

"It's about making sure that they know we're serious about wanting to be in India and also to attract investment here," she said.

Without a fully constructed Gateway Pipeline, Alberta can't export oil directly to India, but Redford said the

province has much more to offer.

"What a lot of Albertans don't know is how much oil and gas exploration is happening in India and how much technical know-how we have that can help," she said.

RYAN TUMILTY/METRO

## Quelling controversy?

What will the premier say when asked about the pipeline project? She says she plans to tell people there the project is moving forward.

# Unprecedented Calgary snow removal response planned

## 'Snow tiger teams'

Extra resources to remove rather than move snow cost about \$240,000 per day



BRYAN WEISMILLER  
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Front-end loaders and dump trucks are rolling down residential streets in Calgary as the city hauls away snow for the first time ever.

City roads director Ryan Jestin told reporters that city contractors have formed 16 "snow tiger teams" that will physically remove the snow instead of just pushing it to the sides.

"We haven't done this before," Jestin said Monday, adding it's comparable to what happens in central Canadian cities such as Montreal and Toronto.

The contractors will work in addition to what the city already does. And while it isn't curb-to-curb service, Jestin stressed, it prevents the formation of colossal windrows along roads.

It's all welcome news to Karen Patterson, who told Metro she's sick of playing "chicken" with oncoming traffic when it's time to move out of the established snow grooves commonly found in residential areas.

Patterson travels extensively throughout the city as part of her job helping relocated oil and gas workers find homes here. She estimates getting stuck at least seven times this winter.

"I've had my clients pushing me out of snowbanks," she said. "It's not a good impression for the city."

"Some have asked me, 'Where are the snowplows?'"

However, beefing up the snow-clearing response comes with a sizeable price

## Quoted

"It's not a good impression for the city."

Resident Karen Patterson

tag.

At \$240,000 per day, the extra resources could tap up to \$6.7 million from reserve money approved by the previous city council.

Crews are now tasked to clear hard-hit residential roads in all four quadrants of the city, with the latest efforts centring on snow-stricken southeast communities.

In Midnapore, Kachiri Huston welcomed contractors in her neighbourhood Monday. But she contended the crews didn't post notice they were coming — as the city suggests will be the case — so many vehicles were left parked out on the street.

"I wish we had known," Huston said.



City contractors have formed 16 teams that will physically remove the snow instead of just pushing it to the sides.

METRO FILE



H1N1 survivor Jaclyn Bates shops at Community Natural Foods near Chinook Centre. Bates says natural products helped her stay healthy. BRYAN WEISMILLER/METRO

# 2009 H1N1 flu survivor turns to holistic treatment options

Having spent eight days in a coma, Jaclyn Bates understands how wicked the H1N1 flu was in 2009.

But while health officials urge Albertans to roll up their sleeves amid a province-wide outbreak, Bates has taken a holistic approach to warding off illnesses.

"Even though I experienced H1N1 in a horrible way and was on life-support due to it, I do not get the flu

shot," Bates told Metro.

"I used to but it made me very ill to the point I was bedridden for a couple days. I was constantly getting sick and getting pneumonia back."

In 2013, the Calgary mother's shopping list included camu camu berry powder, hemp protein and organic produce from the farmers' market.

"My energy levels are way

up," she said.

Dr. Jim Dickinson, a professor of family medicine and community health sciences at the University of Calgary, contends the vaccine has been effective.

Dickinson suggested Bates would already be immune from at least part of the three-headed influenza monster, adding her example highlights the way consumers can be exploited

## Serious risk

Alberta Health confirms 10 people have died of the flu so far this season.

by the natural health-food industry.

"Every year we get a new fad," he said. "Whether it's goji berries or aloe vera."

BRYAN WEISMILLER/METRO



# Edmonton's top cop suggests 'cheque day' reform

**Social assistance.**  
Incidents of predators  
preying on recipients  
aren't very common,  
says The DI director



**BRYAN WEISMILLER**  
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The Calgary head of the continent's largest homeless shel-

ter is downplaying concerns raised by Edmonton's top cop when it comes to the way provincial social assistance is doled out.

On Monday, police Chief Rod Knecht suggested thugs prey on vulnerable people on "cheque day," the day in which 80,000 Albertans receive income support. Knecht called on the province to split the days to protect those with mental-health issues and addictions from predators.

Asked to weigh in on the chief's remarks, Debbie Newman told Metro it's been "years" since she's heard of homeless people being taken advantage of in that way.

"It does happen but I don't think it's rampant amongst our population," said Newman, executive director of the Calgary Drop-In and Rehab Centre.

Still, Newman said the Chief's comments highlight the need to teach marginal-

ized populations to be more financially literate and the need for government officials and financial institutions to look into offering more support through means such as micro-loans and subsidized bank accounts.

About three-quarters of the provincial cheques are directly deposited to bank accounts, but others are mailed out and must be cashed.

Jennifer Dagsvik, a spokeswoman for Alberta Human

Services, said staff "strongly advise" people to have their cheques directly deposited to a bank account, but she acknowledges that option doesn't work for everyone.

Dale Beesley, executive director of the Assured Income for the Severely Handicapped program, said the chief's proposal wouldn't work in the short term due to limitations of computers used to manage cheque distribution.

WITH FILES FROM THE CANADIAN PRESS



**Edmonton police chief Rod Knecht**  
METRO FILE

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## Dine-and-dasher nabbed: Police

Calgary's infamous "dapper dine-and-dasher" has been arrested, police say.

Police confirmed Monday that Daniel Soch, 24, was caught and is now facing a charge of meal fraud in relation to the Nov. 7 incident at Muse Restaurant and Lounge.

The case garnered public attention after Muse posted a security-cam photo of a well-dressed young man accused of walking out without paying after racking up

### Confusing crime

**1**

The number of other dine-and-dash cases Muse co-owner Heather Wighton has dealt with. "At high-end restaurants, it doesn't happen often, and I think that's why this was such a unique case," she said.

a pricey tab.

"That's why I think people took interest in it," Muse co-owner Heather Wighton

said. "He actually sat down and had cocktails, ordered a bottle of wine, had a three-course meal. He planned out his attack, if you will."

The suspect then got up and left, leaving a wallet stuffed with magazine clippings on the table, Wighton added.

Around the same time, she noted, other local restaurants — including Teatro, Blink and Farm — reported similar incidents of theft.

ROBSON FLETCHER/METRO

## Mother of drunk-driving victim not satisfied with guilty plea

Kim Thomas broke down in tears Monday after the man who killed her son pleaded guilty to two drunk-driving charges and saw four other charges against him dropped.

"They're telling the guilty people that it's OK to drink and drive, because there's not going to be a consequence," Kim said Monday, after Ryan Gibson, 23, entered his plea.

Gibson admitted to kill-

ing Brandon Thomas, 17, in a head-on collision south of Cochrane on Dec. 6, 2012.

Police said the teen was trapped in his vehicle and died at the scene.

Kim said her son's killer got off easy by avoiding a trial, and she fears he will only spend a short time behind bars after his sentencing, set for April 16.

"I wish someone would have fought for Brandon," she

said. "I wish we would have had the chance to go to trial and hear what Brandon had to experience at the hands of an impaired driver."

Crown prosecutor Ron Simenik said he was satisfied with "certainty of conviction" that came with the guilty plea, but he also empathizes with the victim's mother.

METRO/THE CANADIAN PRESS/NEWS-TALK 770



## 'It's time to do better'. Calgary MP Rob Anders to face nomination challenge

A Calgary Conservative group says it will attempt to oust outspoken MP Rob Anders before the next federal election in 2015.

The group has launched a website — with the motto "It's time to do better" — with the goal of shutting out Anders when the party next nominates a candidate in his Calgary riding. The website notes that 2014 marks the 17th year Anders has been an MP and says it's time for a change.

"The team is in place to make that happen," reads the website. Anders, 41, has represented Calgary West since 1997. The riding name is changing to Calgary Signal Hill under federal redistribution.

"It's been a real grassroots thing. I haven't run into anyone who has been satisfied with the representation Calgary West has had at the federal level. It surprises me how impassioned people have become," David McKenzie, a Calgary lawyer who is chairing the campaign



Former Alberta MLA Ron Liepert  
METRO FILE

to replace Anders, said Monday.

The group's candidate is to be announced by the end of this month.

Former Alberta cabinet minister Ron Liepert admits he is part of the group hoping to replace Anders, possibly being the replacement.

"I think at the end of the day we will have a nomination and I will have to make a decision," Liepert said Monday in a phone interview from Palm Springs, Calif. **THE CANADIAN PRESS**

### Vehicle fled

#### Charges in driving incident

Dangerous driving charges have been laid in relation to an incident Sunday.

A vehicle fled after an officer attempted to stop it around 9:20 p.m. Sunday in the 5200 block of Coral Shores Dr. NE. Police said that using ground and air resources they observed the vehicle driving the wrong way down roads, running red lights and speeding.

Sheldon David Marcus, 34, is facing several charges in relation. **METRO**

### Smoke alarm

#### Two flee southwest fire

Two people escaped unharmed after a fire in a home in the southwest Monday.

Fire crews were called to a home in the 1100 block of Sifton Blvd. SW and arrived to find a laundry room fire.

Fire officials said a smoke alarm in a nearby room did alert the residents to the smoke.

Damage was limited to the room, but there is smoke damage throughout the home. **METRO**



Lisa Bailie is seen out front of the place she called home on Mount Royal University's campus last semester. She hopes to convince university officials to allow cats, dogs and other pets to live in residence. **JEREMY NOLAIS/METRO**

# No, no, no — not *that* kind of animal house

## Mount Royal University. Student aiming to make residences pet-friendly

Goldie and Blinky may be living large in residences at Mount Royal University but is there also room for Rover and Mittens?

Lisa Bailie thinks so.

The third-year psychology student is on a mission to change campus policy only allowing on-campus dwellers to keep fish as pets in a tank no larger than 10 gallons.

She foresees a partnership with the Calgary Humane Society, allowing students to take on cats, dogs and other companions in need of a good home.

"It's a benefit to everybody," she said. "I'm realizing so many students come to residence from rural communities — farms — where there are animals galore. So, to take them away from that and put them in little tiny houses away from their families can be very stressful."

If Bailie's idea was to gain approval, an end goal she admits is a ways off, it would make Mount Royal the first

post-secondary school in Canada to allow cats, dogs and other pets in residence.

But Bailie points to multiple schools in the U.S. that have made such concessions and seen great results. She's caught the ear of the university students' association, but external affairs vice-president Missy Chareka said the matter comes down to "great logistics."

Chareka said concerns would stem around student allergies, noise levels, the circulation of air and general space accommodation for pets. Even still, she said the association is actively discussing the matter with Bailie.

### Pets for Mount Royal

For more information on Bailie's cause, head to the Pets for Mount Royal Facebook page.

"Our association is always here for the students," she said. "If she and several other students believe this is cause very near and dear to their hearts, we are more than happy to sit with them and work with them. At the end of the day, they do need to go through the channels with residence."

**JEREMY NOLAIS/METRO**

## Ottawa spending millions to fight gang violence on Alta. reserves

The federal government is spending \$2.9 million on a program to help prevent gang violence on reserves that make up the central Alberta community formerly known as Hobbema.

The project is called the Maskwacis Youth Initiative after the new name for the area, which includes the Samson, Ermineskin, Montana and Louis Bull Cree Nations.

Officials say the money will be used to work with

### Name change

The town of Hobbema changed its name to the more traditional Maskwacis as of Jan. 1.

600 aboriginal youth between the ages of 14 and 25 who are either involved with gangs or at risk of gang involvement and violent behaviour.

The program will include promoting education, job skills and counselling.

The community has been plagued with drug and gang-related violence — including the 2011 shooting by youth gang members that killed five-year-old Ethan Yellowbird, who was asleep in his bed.

More than half of the 14,000 people who live on the four reserves are under 18 years of age.

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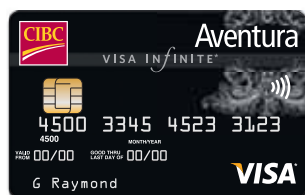
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# Man who slapped toddler gets eight months in prison

**Guilty plea.** Joe Rickey Hundley was on a flight to take his son off life support after an insulin overdose put him in a coma

## No excuse

**"You cannot assault another individual, regardless of how sad or upset, or even how intoxicated or sick, you are."**

U.S. Magistrate Judge Alan Baverman

A federal judge on Monday sentenced a man who pleaded guilty to slapping a crying toddler on an Atlanta-bound flight to serve eight months in federal prison.

Joe Rickey Hundley was accused of using a racial slur to refer to the 19-month-old boy, who's black, and hitting him under the eye as the flight from Minneapolis descended to the Atlanta airport last February. He pleaded guilty in October to simple assault after reaching a

plea agreement with prosecutors.

Prosecutors had recommended a sentence of six months in prison, and Hundley reserved his right to argue for a lower sentence. U.S. Magistrate Judge Alan Baverman said he imposed a higher sentence in part because of Hundley's criminal history, which includes a prior assault.

Hundley's lawyer, Marcia Shein, objected to the devia-

tion from the recommendation in the plea agreement and said after the hearing that she believes the sentence is disproportionate.

Before he was sentenced, Hundley told the judge he took full responsibility for his actions and turned to apologize in person to Jessica Bennett, the toddler's mother, who was in the courtroom.

In addition to the prison sentence, Baverman ordered Hundley to pay Bennett restitution of \$105 and to pay a fine of \$2,500 to the government. Baverman also ordered Hundley to serve a year of supervised release, undergo alcohol-abuse treatment and anger-management counseling, and perform 120 hours of community service, preferably in a homeless shelter.

THE ASSOCIATED PRESS



## Quest for symbol of health

A boy holds a cross as believers sing and dance in the icy waters of the river Tundzha to celebrate Epiphany Day in the town of Kalofer, Bulgaria, on Monday. Traditionally, an Eastern Orthodox priest throws a cross in the river and it is believed that the one who retrieves it will be healthy through the year. VALENTINA PETROVA/THE ASSOCIATED PRESS

## Post-traumatic

### Mountie in medicinal pot dispute fit for trial

A New Brunswick Mountie who attracted national attention for complaining that he wasn't allowed to smoke medicinal marijuana for his post-traumatic stress disorder while in uniform has been deemed fit to stand trial on charges of assaulting two RCMP officers, the Crown and defence said Monday. Cpl. Ron Francis, who faces two counts of assaulting police and one count of resisting arrest, was released from custody after he underwent a 30-day psychiatric assessment.

Francis was ordered to follow conditions including that he refrain from alcohol and non-prescription drugs, report to a local mental-health clinic and not possess firearms. He smiled and waved to family and friends as he appeared in Fredericton provincial court but did not speak to reporters when he left the courthouse.

THE ASSOCIATED PRESS

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# How's the weather up here?

## Edmonton

After a few days of chilly temperatures, Edmonton warmed up to -6 C on Monday, with runners hitting the tolerable streets. Temperatures are expected to drop on Tuesday, with a -30 C wind chill predicted.



In Metro cities across Canada, we're experiencing a myriad of icy, freezing weather, and in Calgary and Halifax — relief. Even Vancouver traded its winter rain for some frosty sunshine.

## Saskatoon

Extreme weather has presented a number of challenges for Saskatoon. With wind chills pushing temperatures down to -49 C in Saskatoon on Monday, school buses were cancelled, garbage pickup was delayed and a prominent outdoor skating rink was closed.



## Winnipeg

After almost a month of extreme wind chills of -40 C to -50 C daily (only relief: a -9 C blizzard), Winnipeg attracted international attention when it was revealed it was colder than Mars one day last week.



## Ottawa

After being hammered with freezing rain Monday and a sudden melt, Ottawa faced an Environment Canada warning of extreme wind chills from -35 C to -40 C Monday night and Tuesday morning. The city also had a water main burst that flooded and closed Laurier Avenue from Metcalfe Street to Elgin Street.



## Halifax

It's a weather flip-flop in Halifax. On Monday, Haligonians enjoyed a balmy 9 C, just days after enduring bitterly cold temperatures with wind-chill readings of about -30 C. Tuesday, temperatures are expected to get cold again, but another mild stretch is forecast for the weekend.



## Regina

Bundled up workers fix a water pipe that leaked due to temperatures dipping down to the -40s with wind chill. The leak prompted an emergency water shutdown along Dewdney Avenue, one of the city's busiest streets.



## Calgary

Temperatures warmed to above zero in Calgary Monday, but the city was still grappling with record-setting snowfall and many residents were fed up. Snow-related complaints to 311 were up 1,000% from the previous December.



## Vancouver

Vancouver has enjoyed sunny — but frosty — weather over the past couple of days. That's all going to end, however, with Environment Canada calling for warmer weather (highs of 6 C) and the return of the winter rain for the foreseeable future.



## London

Cold, colder and even colder yet. That was the scene in London on Monday as the temperature dipped from -9 C in the morning to -26 C by late afternoon with wind chill.



## Toronto

On the icy streets of Toronto on Monday, the temperature plummeted to -25 C, with bone-chilling winds making it feel like -40. The bitter cold snap is expected to end by the weekend, but Torontonians were bracing for a glacial commute the next day.



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# Liz Cheney drops out of U.S. Senate race

**Troubled run.** Dick Cheney's daughter had angered and upset many Republicans

Liz Cheney, daughter of former U.S. vice-president Dick Cheney, said Monday she is abandoning her effort to unseat Wyoming Republican incumbent Sen. Mike Enzi.

Cheney cited "serious health issues" that "have recently arisen in our family" as the reason for her decision.

But her candidacy had raised hackles in the Republican party and caused a public rift with her sister, Mary, a lesbian, over Cheney's opposition to gay marriage.

In her withdrawal statement, Cheney did not mention those controversies.

Cheney moved her family from Virginia to Wyoming to

run for the seat. Her effort to replace Enzi, a Senate veteran, drew virtually no support from Senate Republicans, who rushed to back Enzi.

Sen. Jerry Moran, R-Kan., chairman of the National Republican Senatorial Committee, swiftly expressed support for Enzi moments after Cheney announced her campaign last year.

During that time, Cheney said Republicans in Congress needed to stop "cutting deals" with Democrats.

"We've got to stand and fight, and we have to defend what we believe in. We have to not be afraid of being called obstructionists," Cheney said.

"In my view, obstructing President Obama's policies and his agenda isn't actually obstruction; it's patriotism," Cheney said. "I think we have to stop what he's doing, and then as conservatives, we've



Liz Cheney, daughter of former U.S. vice-president Dick Cheney.  
MATT YOUNG/THE ASSOCIATED PRESS FILE

got to say, 'Here's what we believe,' and, 'Here's the path forward,' and that's what I

intend to lay out in this campaign."

THE ASSOCIATED PRESS

## France. Goodyear workers resort to 'boss-napping'

Monday's meeting in the northern French city of Amiens was not going well. As farm tires blocked the doorway, two Goodyear managers were trapped in a conference room with angry French workers who were demanding more money in exchange for the loss of their jobs.

Goodyear has tried to shutter the plant in Amiens for five years without success. Its latest attempt was met Monday with a "boss-napping" — a French negotiating tactic that had largely faded away after the height of the economic crisis in 2009.

More theatre than actual threat, it aims to grab management's attention — by grabbing management.

### 'Overpaid loafers'?

"The French workforce gets paid high wages but works only three hours. They get one hour for breaks and lunch, talk for three and work for three."

Maurice Taylor, outspoken American CEO of Titan tires, deriding Goodyear staff as overpaid loafers in a note last year when he had considered taking over the company

The union is willing to accept the inevitable loss of jobs — but at a cost. In exchange for freeing the bosses, they're demanding an 80,000-euro (\$116,000) severance package plus 2,500 euros (\$3,600) for each year worked.

THE ASSOCIATED PRESS

### Utah same-sex unions

## Top court puts new marriages on hold

The U.S. Supreme Court on Monday temporarily blocked any new same-sex marriages in Utah. The

order grants an emergency appeal by the state following the Dec. 20 ruling by a U.S. district judge that the ban on same-sex marriage violates same-sex couples' constitutional rights.

THE ASSOCIATED PRESS

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# One new way to catch a thief? Try social media

**Theft of the Silver Plated Bowl.** Alleged light-fingered dude could be in for humiliation via the Internet. Countdown!

DAVID INGRAM

For Metro in London, Ont.

Mike Manuel, owner of the London Music Hall in London, Ont., has taken to social media in hopes of recovering property he says was stolen during a party to ring in the new year.

A Jan. 3 post on the venue's Facebook page lays it all out: Return the item by 6 p.m. next Friday (Jan. 10) or "images" of

those responsible will be displayed "using multiple media platforms," the post says.

The music hall has even created a faux Facebook event called "Catching the NYE Thief." It's set to start at the Friday deadline.

According to Manuel, at 12:53 a.m. during the New Years Eve Penthouse Party, a silver-plated bowl valued at \$300 went missing.

After whispering back and forth, one person distracted a bartender while another, looking to be in his early 20s, slipped out with the item through an emergency exit, Manuel told Metro.

"It was planned. It wasn't spontaneous," he said Monday.

"They talked about it for about 10 minutes."

Manuel said he knows

how it all went down because everything, and the faces of those believed to be responsible, can clearly be seen on footage taken from the 64 cameras inside the hall.

On Monday, a photo of one of the people alleged to have been involved — shown from the neck down standing next to the bowl in question — was posted on Facebook.

Manuel said he has spoken with police officers he knows. No charges have been pressed at this time, but he said he'll talk to authorities again if the property isn't returned by Friday.

"We feel we should give (the alleged thief) a chance. We don't want to ruin the guy's career and get him charged for something stupid he did," Manuel said.

"We are waiting for him

to redeem himself and come back clean."

## Hold on! Maybe not ...

London Music Hall owner Mike Manuel shouldn't be negotiating or — worse — threatening a suspect with public shaming should a missing serving bowl not be returned, said London police Const. Ken Steeves. There's a thin legal line of extortion involved when telling someone they must do something or face the consequences via a public shaming, Steeves told Metro. If Manuel is a victim of crime, he should contact police, Steeves said.

SCOTT TAYLOR/  
METRO IN LONDON, ONT.

London Music Hall  
about an hour ago

Stolen item: Silver plated bowl. Value \$300

As you may be aware, a valuable item was stolen from London Music Hall on New Year's Eve. This item did not belong to the Music Hall, it had belonged to culinary catering (the caterer of the event). The perpetrator and his accomplice waited for the bartender to turn their back as they proceeded to grab the bowl and exit the building from an emergency exit door. (We will release the full video via social media if the item is not returned)

A photo of the Silver plated bowl and the person whom stole it are below. We have concealed the face of the person in hopes he sees this message and returns the bowl. He was wearing a red sweater over a white collared shirt & red shows with white laces.

Any information please contact [info@londonmusic hall.com](mailto:info@londonmusic hall.com)



The London Music Hall published this post Monday on Facebook. It shows one of the people alleged to be responsible for a theft. FACEBOOK

# Medical pot user in N.S. alleges discrimination

A medical marijuana user living in Dartmouth says his schooling and family life has been destroyed by harassment over his medical marijuana use.

"It feels like I'm in prison. It feels like I'm sitting in jail right now. My family's gone, and it feels like I'm being monitored," said John Quinn Monday.

Quinn has filed a complaint with the Nova Scotia Human Rights Commission over alleged discrimination by the superintendent and property manager of his Albro Lake Road apartment.

He disclosed his licence to grow and use medical marijuana when he signed a lease in June. Although the building super didn't raise any concerns then, Quinn said he's been subjected ever since to repeated police calls, accusations that he's selling his pot, and investigations by Child Welfare Services.

He was even ordered to leave after an inspection by the property manager in November, though the eviction order was rescinded.

"The only thing that he could do was ask for a copy



John Quinn checks his pot plants on Monday. JEFF HARPER/METRO IN HALIFAX

of my (permit,) because (marijuana) could potentially harm other tenants," said Quinn. "What about an oxygen tank? That could explode. What's the difference, in reality?"

The former welder said the marijuana manages his joint pain effectively without affecting his mental state or causing addiction. He grows

the plants in a separate unit from the apartment where he lives with his family, and has installed charcoal filters to manage any odours.

Quinn said he's had to drop out of his upgrade courses because of stress caused by the alleged harassment, and has sent his partner and children to live in Ontario to prevent any fur-

ther action by Child Welfare Services.

After serving MetCap Living Management with notice of the Human Rights complaint, Quinn said the alleged harassment has stopped, but he still doesn't feel safe.

"You've put my family in danger, you've put me in danger, you've ruined our Christmas, you made us feel like criminals," he said. "I want a public apology."

Neither the superintendent nor the property manager of Quinn's building returned calls for comment.

RUTH DAVENPORT/METRO IN HALIFAX

## Rx marijuana changes

More than 37,000 Canadians are currently licensed through Health Canada to use marijuana.

- Changes coming in April mean users cannot grow their own marijuana plants, but must purchase medical pot from a government-approved supplier.

# Research. Time travel continues to fascinate Earthlings; proof elusive

Time travellers, if they really exist, seem to be keeping their adventures to themselves.

Researchers with perhaps a bit too much time on their hands conducted an extensive Internet and social media search for evidence of time travellers going back in history and then bragging about it online.

And they came up empty. No real-life Dr. Who or Marty McFly from the movie Back to the Future tweeting secrets a bit early.

Spurred by idle chat during Thursday poker games, an astrophysicist and his students at Michigan Technological University in Hough-

ton, Mich., searched for mentions of Pope Francis and Comet ISON before they popped into reality.

Francis was elected pope last March and ISON was first detected in September 2012.

The idea: If someone mentions a Pope Francis in a 2011 tweet, Facebook post or blog item, then they must have come back from the future with special knowledge.

But no one posted anything prescient.

And last September, the researchers asked people to tweet "#Icanchangethepast2" — but do it before August, a month earlier. Again, no one did. Now back to reality.

THE ASSOCIATED PRESS



A picture from Doctor Who showing the Eleventh Doctor, who may not be real. ADRIAN ROGERS/BBC/THE ASSOCIATED PRESS



# Spending to slim down despite rabid appetite for gadgets: Analysts

## \$1.06 trillion on tech.

Lower-end tablets and smartphones expected to bite into amount consumers will shell out in 2014

The Consumer Electronics Association estimates that global spending on technology will slip one per cent in 2014 to \$1.06 trillion US as the lower average selling price of smartphones and tablets offsets unit growth in markets like China.

The decline is off the peak of \$1.07 trillion estimated for 2013.

Steve Koenig, the association's director of industry analysis, issued the forecast at the opening of the annual International CES gadget



Appetite for smartphones, such as the iPhone 5C, remains strong.  
JUSTIN SULLIVAN/GETTY IMAGES

show on Sunday.

The retreat doesn't reflect less consumer appetite for what Koenig called the "dynamic duo" of tech

gadgets. Spending on smartphones and tablets is still expected to account for some 43 cents of every dollar spent on technology this year.

But the average price of smartphones, for example, will fall from \$444 in 2010 to an estimated \$297 this year, despite the number of smartphones sold rising to 1.21 billion up from 1.01 billion.

"These lower-end devices are what's required to penetrate most deeply into these emerging markets," he said.

Smartphones and tablets remain such key drivers of technology spending that they are eating into other categories of devices like point-and-shoot cameras, video cameras, portable GPS devices and handheld gaming devices.

THE ASSOCIATED PRESS



## 'It wouldn't be B.C. without it'

A protestor rushes the stage as Prime Minister Stephen Harper speaks at the Vancouver Board of Trade in downtown Vancouver Monday. Two protesters evaded security to protest climate change. Harper quipped, "It wouldn't be B.C. without it," to applause and laughter from the crowd. THE CANADIAN PRESS

### New study

## Flu shot linked to lower risk of low-weight baby

A study has found that pregnant women who get the flu shot are less likely to have a premature or low-birth-weight infant compared to those who don't get vaccinated.

Despite recommendations, researchers say annual vaccination rates of pregnant women have dropped. THE CANADIAN PRESS

### Market Minute



**DOLLAR**  
93.88¢ (-0.11¢)



**TSX**  
13,495.54 (-53.32)



**OIL**  
\$93.43 US (-\$0.53)



**GOLD**  
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**Natural gas:** \$4.30 US (-\$0.01)  
**Dow Jones:** 16,425.10 (-44.89)

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# MARS ONE IS LOOKING PRETTY GOOD NOW

Last Tuesday temperatures in Winnipeg plummeted to -31 C (and that was the high for the day), making it colder in the city that day than it was in the North Pole and on Mars. Think about that for a moment, one of our country's major urban centres was more frigid than a barren, inhospitable planet that is on average about 80 million kilometres further away from the sun than our own.

I immigrated to Canada from England at age 12 and have often found myself wondering why this particularly frigid part of the globe was ever colonized by humans. As I enter my 16th Canadian winter, I know the unique differences between a snow squall and a blizzard but I don't think I'll ever actually get used to these extraordinary weather patterns that seem as unpredictable as they are harsh.

After taking a painful fall on the flash frozen sidewalk one morning, I made the amateur mistake of allowing my



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

eyes to fill with tears and the moisture froze to my contact lenses within seconds. Ice encrusted eyeballs are enough to make anyone consider permanent relocation.

Canadians never tire of talking about the weather and rightly so — there is just so much conversation material out there in the atmosphere. Phrases like “polar vortex,” “frost quake” and “Nor’easter” have entered our everyday vernacular as we wax philosophically about the importance of strategic layering.

Only a Canadian would utter the phrase “It’s going up to a balmy -12 tomorrow,” without a hint of sarcasm.

But sometimes even the hardiest Canucks in their puffiest, goose-down jackets are no match for mother nature’s wrath. When the mercury plummets beyond a certain point, even our beloved national pastimes don’t seem feasible. Where’s the appeal in an evening at the skat-

ing rink when you spend your whole commute desperately navigating treacherous city streets that are covered in a thick layer of ice? Driving up to a nearby ski hill for the weekend might seem like a fun idea until your plans are inevitably thwarted by dead car batteries and freezing rain warnings.

Being an overly optimistic fool, I made a New Year’s resolution to start running again. Lacing up for a jog on a dark winter evening is hard enough, but finding the motivation to head outside to traverse slush-covered sidewalks while filling my burning lungs with ice-cold air has proven to be truly impossible.

With a few more months of transit delays, salt-stained footwear, dry skin and frozen fingertips on the horizon, hibernation seems to be the only viable option.

If you need to find me, I’ll be tucked under my electric blanket and planning a warm getaway to a country where snot icicles aren’t a thing.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Hey, mom! Look what I can do



CHARLES DHARAPAK/THE ASSOCIATED PRESS

#### Baby panda makes gigantic debut

Bao Bao, the four-and-a-half-month-old giant panda, made her public debut at an indoor habitat at the National Zoo in Washington on Monday.

Bao Bao, who now weighs 16.9 pounds, was born to the

zoo’s female giant panda Mei Xiang and male giant panda Tian Tian.

In recent months, Bao Bao has become more active, moving around on her own and exploring the environment. Now she’s working on climbing, but some rocks are still too big.

THE ASSOCIATED PRESS

#### The zoo’s point of view

- The zoo won’t make Bao Bao or her mother do anything they don’t want to do, a spokesperson said. They will bring her out into the enclosure for viewing, conduct some training sessions with her and sometimes weigh her in public view.

#### Newborn dreams

“She doesn’t even seem to notice the folks who are watching her: Her adoring public. Her focus is mostly on mom right now.”

Brandie Smith, panda curator  
National Zoo in Washington

#### Clickbait



**LUKE SIMCOE**  
Metro Online

The start of a new year is a time for reflection. It’s also a reminder that we’re all another

year older and another step closer to our inevitable demise. If, like some people, you find contemplating your own mortality terrifying, you should probably stop reading. On the other hand, if the only thing about death that troubles you is not knowing when, here are a few sites that can calculate how many heartbeats you have left.

#### Death Clock:

This site’s tag line is “predicting the demise of others since 2006.” Just fill in a few details about your age, place of residence and diet and you’ll get a handy prediction you can take to your financial planner. (death-clock.org)

#### Death Timer:

As a bonus, this site will create an image of a tombstone with your name on

it. It will also scold you if you smoke or drink too much. (deathtimer.com)

#### The DeathList:

If you’re more interested in when other people are going to die, check out The DeathList. Based in the United Kingdom, the site compiles an annual list of famous people most likely to kick the bucket. The site had a banner year in 2013, with 13 successful predictions. (deathlist.net)



COURTESY/TICKER

#### Twitter

@metropicks asked:  
@MyTikker watch approximates when you’ll die and counts down to the second. Would you live differently if you knew?

@Earl\_of\_Halifax: see how it changes while guzzling beers compared to sipping wine, eating wings to salad and working out to being lazy

@stuartchase: useful for those mindnumbing conversations. “U officially wasted 2 minutes of my life. No, really, look at my watch.”

@Earl\_of\_Halifax: I’d probably live faster

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DVD review



I'm So Excited

Director. Pedro Almodóvar

Stars. Javier Camara, Pepa Charro, Cecilia Roth

The tray tables are up, the seatbelts are fastened and the passengers are more than ready to fly in this airborne trifle from Pedro Almodóvar. The Spanish auteur is returning to the campier tone of such earlier films as *Women on the Verge of a Nervous Breakdown*. But it almost seems as if he's operating on autopilot. The rest of the film is aces, including a production design that amusingly incorporates Almodóvar's beloved primary colours (especially red) into the design of the film's fictional airline. The music by Alberto Iglesias also delights, with its jazzy references to 007 and Eurocomedy films. (Skip the movie, buy the soundtrack.) The cast includes many players from Almodóvar's past — including cameos from Antonio Banderas and Penelope Cruz — and they're eager to go along with whatever fun Capt. Almodóvar has in mind. But he doesn't have much on his grey matter this time, apart from making an even campier version of *Airplane!* Extras include a making-of featurette and a selling-of featurette.

PETER HOWELL

# Finding escape in fear

**Helix.** Billy Campbell, star of new Showcase series, talks about our obsession with being terrified



RICHARD CROUSE  
scene@metronews.ca

"I've been reading film scripts for over 30 years," says *Helix* star Billy Campbell, "and I could probably count on my hands and feet all the truly, truly great scripts I've read. The rest are, to various degrees, garbage."

Campbell, a veteran of big screen features like *The Rocketeer* and Francis Ford Coppola's *Dracula*, says, "the hour-and-a-half format of telling a story is unnatural. You either have to do like they do in Bollywood movies and have a four-hour movie tell a story or do like European films do. They tell small, intimate human stories. Moments in people's lives. That's more appropriate to the format."

That opinion may explain why he's been spending more and more time on the small screen on shows like *Once* and *Once Again*, *The O.C.* and *The Killing*.

His latest project, the sci-fi series *Helix* debuts on Showcase on Friday. Produced by *Battlestar Galactica* creator Ronald D. Moore, its sprawling story of a deadly disease outbreak couldn't fit into a 90-minute film.

"Television is a place where you can tell a great story," he says. "You have the time. AMC coined the phrase, *Slow Burn*

Storytelling. You have the time to develop characters, develop storylines in a way that is not artificial. Or doesn't seem to be artificial."

The pilot script for the Montreal-shot series appealed to the ruggedly handsome actor because he's a fan of science fiction, horror and speculative fiction.

"When I read the pilot script the first thing that popped into my head was *The Andromeda Strain*, then John Carpenter's *The Thing* and a little bit of *Walking Dead* popped in there as well. We don't have zombies. I think what we have is a great deal scarier than zombies. What we have are living human beings, terribly infected, who have a pathological compulsion to infect others."

He describes the show as "intense, but still an escape." But an escape from what?

"There seems to be an obsession with not just speculative fiction but stuff that is not our real life. I couldn't say why, except to think that perhaps we're so unhappy with our present lives. We might need to get away. Some people like to escape by being scared."

As an actor on the show he says the most exciting part of the process is "to come to work and try to do the next outlandish thing they've written. That's exciting."

Quoted

"There seems to be an obsession with not just speculative fiction but stuff that is not our real life."

Helix star Billy Campbell



Billy Campbell stars in *Helix*, debuting Friday on Showcase. CONTRIBUTED

2 SCENE

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# The Internet is calling for Elba, Idris Elba

DOROTHY ROBINSON

Metro World News in New York

This rumour has already been slightly refuted by the man himself but it's just so juicy I couldn't help but get on the bandwagon: The Internet is trying to make Idris Elba the next James Bond.

A fan group called We Want Idris Elba for James Bond is going so strong (and makes so much sense) that Elba is being asked in interviews if it could possibly happen.

"It's a rumour that's gotten out of control, basically — but that's all it is," Elba said on ITV's Lorraine over the weekend, thus starting a new drumbeat of support. "There's no truth in it whatsoever."

Earlier in November, the actor, who just won a Golden Globe nomination for Mandela, seemed a bit more open to the suggestion. "Really? James Bond? I didn't know that was still sort of in the



Idris Elba, James Bond? GETTY IMAGES

mix," Elba told HuffPost Entertainment. "I say it all the time, but if it was to ever happen and if I was ever to get offered that role, that would be the will of a nation. That would be like, 'Wow, human beings are really powerful. They really made that happen, because (producer Barbara Broccoli) certainly didn't.' ... It would be the will of a nation because

everyone has been saying that to me."

The Internet makes so many, usually terrible, things happen (Rebecca Black, Snakes on a Plane, Mega Shark Versus Giant Octopus). Wouldn't it be nice if something amazing and sexy — and that would be Idris Elba in a hot bow tie and martini glass — came from it as well?

# Yes, Alex Turner is alive and well



The Arctic Monkeys are currently touring the U.S. in support of their latest album. CONTRIBUTED

**Arctic Monkeys.** Frontman was target of Internet death hoax, but he actually wants to talk about his album instead of mortality

PAT HEALY

Metro World News in Boston

Contrary to popular belief (for one day last month, at least) Alex Turner is alive and well. Days before our conversation with the Arctic Monkeys frontman, a hash tag of #RIPAlexTurner shot into the top 10 most discussed Twitter items in his home country of England. It really would have been a shame if it were true that the 27-year-old singer had died, because — aside from death being a real bummer on a personal level to his friends and family — the band is touring America to promote their fifth and most recent album, AM, which may be their finest hour. Luckily, it was just another Internet death hoax.

**First of all, you're alive. And there were a few rumours going around Twitter recently that you weren't.**

Apparently so! I woke up in Tulsa that morning ... wait, it wasn't Tulsa. Sorry, Tempe, Arizona! And I thought maybe the rumours were true and I had in fact died and gone to heaven.

**I sense a little sarcasm. Was Tempe, AZ especially hard on**

**you?**

No, no. It was actually fine. I was just being facetious. But yeah, I'm alive and kicking.

**Tell me about what was going on when you heard about the #RIPAlexTurner hash tag.**

It wasn't actually that big of a deal in my world. I think it's a bit like Super Mario. You get three lives on Twitter. I'm not exposed because I'm not signed up to the old Twitter myself, so I kind of remain relatively oblivious. At some point in the afternoon somebody told me that apparently there was this thing, but it was a side note in my day, in all honesty.

**If a side note of your day is that people who care about you thought you had died, what's the highlight?**

I think it's like, as I understand it, I'm pretty sure people saw it as a hoax early on and the fact that it was trending was simply because people were saying, "Oh, look at this. Isn't this ridiculous?" and then it gathered momentum. I believe that to be the case, rather than people actually thinking it was real.

**So, AM is interesting. It's kind of all over the place. Was it a challenge to sequence something like this? Because it does flow well, but there's so many different sounds on it...**

I mean, I suppose sequencing any record always seems to be quite a difficult part of the process in my experience at least. But this one, actually, we branched off from the original idea a lot less than with the

other four albums. I think to me, there are two pretty clear sides to it, not in terms of the sequencing, like an A-side and a B-side, but there's these two extremes, one of them being sort of like early 1970s rock 'n' roll — sort of heavy metal that got the wrong end of the stick, but not entirely. You know the Spiders from Mars sort of quality with the drum sounds? And, I guess you hear that on the ballads a little bit more than the other ones. I guess the other side of it would be this kind of contemporary R&B angle that exists in a lot of the vocal production, and I guess that was sort of the idea, really, to take that contemporary R&B or even like a hip-hop influence at times and apply it to a four-piece rock 'n' roll band.

**Have you heard any reaction from the R&B or hip-hop community? Are we talking crossover appeal here for the Arctic Monkeys? Any hip-hop radio stations playing Why'd You Only Call Me When You're High?**

I think there's been a bit of that, like some of the rap shows in the U.K., someone sent me a clip of someone rapping over that. The idea that it might get sampled is one that's exciting to me. And the first few bars of that song, it was constructed in a way that I imagine a hip-hop producer would construct music. We manipulated the instruments to create building blocks, and then those blocks form the song in the way that I would imagine somebody like Timbaland might have done.

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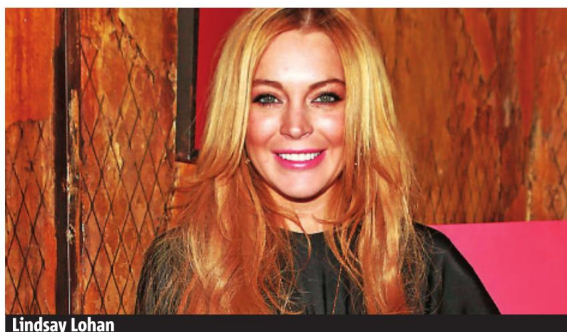
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Lindsay Lohan

## Lindsay's dream of model relationship with toy boy ends with a tattoo

Lindsay Lohan's pursuit of 18-year-old model Morgan O'Connor seems to have ended unsuccessfully, as O'Connor has reportedly told the troubled starlet to take a hike, according to Radar Online. "When he first started hanging around Lindsay, she was totally chasing him and everyone was telling him not to go out with her because she is white trash and would bring his career down," a source says. "But he had a good time with her and got to go to a lot

of parties that he wouldn't have been able to go to before. Now he realizes that he can't hang out with Lindsay and he basically dumped her and is trying to commit to his girlfriend again." As a clear sign of that change of heart, O'Connor recently had the name of ex-girlfriend Chiara DiGiallorenzo permanently applied to his body. "Morgan has always really loved Chiara, and he tattooed her name on his arm to prove that," the source says.



Madonna ALL PHOTOS GETTY IMAGES

## Madonna tells online masses to 'calm down' after Rocco's booze pose

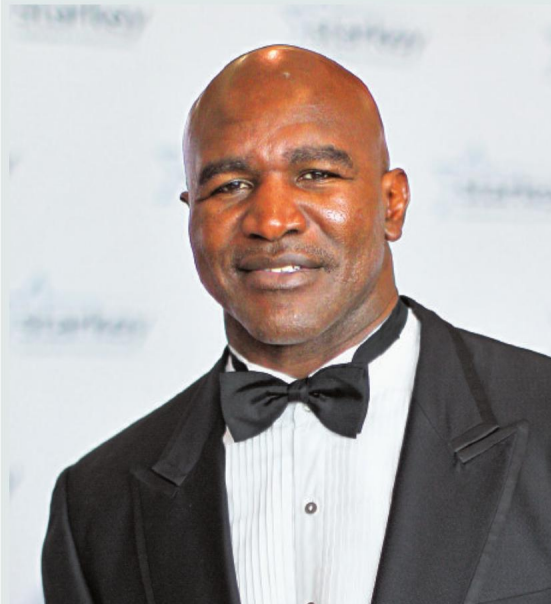
Maybe she was just trying to be a "cool mom," but Madonna has come under fire for posting a photo to Instagram of her 13-year-old son, Rocco, and two pals holding up bottles of gin and vodka with the caption, "The party has just begun!" The photo was taken during

a vacation in the Swiss Alps, where the legal drinking age is 16. After receiving more than 1,200 comments on the photo within 24 hours, the singer addressed the issue herself, writing, "No one was drinking. We were just having fun. Calm down and get a sense of humour."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Holyfield's homosexuality comments land him in trouble

Say you are reading this and you are a celebrity. Let's try an exercise: What do you do if you think of something that maybe isn't the most PC thing in the world? Do you: A. Say it out loud. B. Keep it to yourself. C. Write it in a journal which you then burn. If you answered B or C, you have a long future ahead of you in the world of celebrity. If you answered A, we need to talk.

The latest celebrity to fall victim to their own inability to just shut it? Evander Holyfield, who is making a splash with his stay on Celebrity Big Brother thanks to

an extended rant he recently let out about homosexuality, describing it as "a choice" that "ain't normal" and can be fixed. "If you were born and your leg were turned this way, what would you do? You go to the doctor and get it fixed back, right?" he said to a fellow housemate.

"You know how handicapped people are born? You can't say, 'Because they are born that way, you can't move that.'" Producers for the series quickly addressed the issue, saying in a statement that they'd relayed to Holyfield that his views "could be seen as extremely offensive to many people. He was warned to think carefully about repeating them."

Good grief. Come on, Evander. You lost an ear. You must know what it feels like to be different. Shut it down!

PAT HEALY/METRO WORLD NEWS



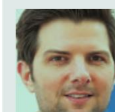
Scott Disick

## Disick loses father just months after mom's death

Kourtney Kardashian's famous baby daddy, Scott Disick, reportedly lost his father on Friday, three months after his mother died from cirrhosis of the liver. His father, Jeffrey Disick, died from undisclosed

causes, reports E! News. "The whole family is so devastated and Scott is beside himself," a source told E!. "Scott is an only child with no remaining family."

### Twitter



@mradamscott

I want Downton Abbey bloopers and I want them now



@msleamichele

Such a lovely holiday break with friends and family. Revived and refreshed! Ready for this new year!



@WhitneyCummings

I feel like you know you're in love when you can't stop thinking about (killing) someone

## IMMIGRATION AND RECRUITMENT SERVICES

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## FAQs for fighting the flu

**Getting informed.** Flu season has swung into full gear and reports of deaths in Texas and Alberta have raised fears that something new is afoot

Usually by now flu shot efforts would be winding down, but several provinces are leveraging intense media interest and public concern by mounting extra clinics for those reconsidering getting a shot.

Is this shaping up to be a doozy of a flu season? Or do we, as a society, tend to forget what influenza can do from one season to the next?

There are plenty of such questions being posed these days. Here are a few, and some answers.

**All the headlines these days are about influenza. Is this a dire flu season?**

Not really. It's a flu season — which means as activity takes off in your municipality or province, you can expect to see a spike of illnesses that can create the impression that almost everyone is sick.

Last year's season, caused mostly by the H3N2 virus, was quite nasty. This year the H1N1 virus is predominating — at this point, anyway. And while parts of the country are now in the throes of full-on flu outbreaks, the activity level is what one sees during flu season.

Alberta's outbreak may have already peaked while Ontario's is probably at its apex now. "It'll be over in a month. There's been a fair amount of activity, but it's not terrible. And that should be it," says



The H1N1 virus is predominating this year's flu season. ISTOCK

Dr. Allison McGeer, head of infection control at Toronto's Mount Sinai Hospital

**Isn't H1N1 the virus that caused the 2009 pandemic? Is it different or more dangerous than other flu viruses?**

H1N1 is the virus that caused the pandemic in 2009. But it's been circulating for nearly five years, and is now considered one of the seasonal flu viruses. The others are H3N2, also an influenza A virus, and influenza B viruses.

While the vast majority of people who contract flu don't need medical attention, influenza does have the potential to cause serious illness — and that is true of H1N1, H3N2 and influenza B.

**There have been reports in the media of young and middle aged adults dying. Doesn't flu normally kill old people?**

What is different about H1N1 is who is vulnerable to it and who it seems to hit hard.

Little kids — children born after the pandemic — are most likely to be susceptible to H1N1; fewer than 20 per cent of them had antibodies against it. And older adults, who don't fare very well in H3N2 years, seem as a group to have a lot of protection against H1N1.

But young adults and people in middle age are less likely to have antibodies to these viruses, and those are the serious illnesses and deaths that are getting a lot of attention in the media this year.

**Alberta has reported nearly 1,000 confirmed cases, and Toronto Public Health says it has confirmed 210 cases of flu so far this year. What do these numbers tell us? Is there more flu than usual? Numbers don't mean much when it comes to seasonal flu**

and they probably shouldn't concern the public to any real degree, McGeer says.

The reality is that most people who have flu never see a doctor, and many of those who do aren't tested for influenza.

If Alberta has 1,000 positive flu tests, it means there's quite a bit of influenza in Alberta. But is that amount abnormal? Not at the peak of an active flu season.

**People in my neighbourhood/town/city are already sick with flu. If I haven't had a flu shot, is there still time to get one? Is it worth my while?**

Public health officials will always say "It's never too late to get a flu shot." And given that flu viruses will continue to circulate — albeit likely at lower levels — for weeks to come, getting a shot now might prevent you from getting sick later.

THE CANADIAN PRESS

Half off

### 10 Pounds in Six Weeks

Three and a half months ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

Now that the holidays — and holiday indulging — are over, Elisha is keen to get back on track. So she's kick-starting the new year with a shorter term goal: 10 pounds in six weeks.

Breaking your goal into pieces is a great way to motivate yourself and key to attaining the larger goal, said Theresa. "And losing 10 pounds in 6 weeks — or about 1 ½ pounds a week — is both healthy and realistic for Elisha."

Theresa suggested that Elisha create some eating 'rules' to help her achieve the goal. Rule number one: eat in, not out. For lots of delicious ideas, try Theresa's 'Weekly Meal Solutions' on her website at myfriendinfood.com.

Exercise is also a challenging area for Elisha. "I can't really do much new outside because it's just so cold, and I'm bored with the indoor weights program," said Elisha.

But she has discovered that she likes to dance for exercise. She often plays 'Just Dance' on the Wii for cardio. With that in mind, Jordan is going to revamp Elisha's at-home workout to make it more motivating and fun.

To follow along, and for more work-out tips, check out metronews.ca/half-off.

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# THE PATH TO GOOD RESOLUTIONS



## What does 2014 mean for our green?



It's 10 p.m., do you know where your money is? iStock

**Resolve to recover.**  
Start this new year off cents-ibly by allocating your assets



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

"Which way is the stock market going to go?" After record highs posted by the Dow Jones Industrial Average and the S&P 500 of 26 and 23 per cent in 2013, the future is on everyone's mind.

Are we going to see more records set in 2014? And is Canada going to join the party? (The TSX rose a relatively lacklustre 9.6 per cent last year.)

If I knew the answer I'd be retired in Florida counting my money. Well, I do winter in Florida but I'm hardly retired.

The simple fact is that no

### Stock advice

- Pick up Monday's Metro for a new column in the Business section in which Alison Griffiths provides her advice on navigating the stock market and investments.

one knows what's going to happen with stock markets or interest rates.

There are, of course, the Warren Buffetts who never seem to set a foot wrong. But the Oracle of Omaha admits to mistakes, many of them based on forecasts that never came to pass.

He bought a major stake in ConocoPhillips in 2008 after predicting that oil would maintain its highs and even climb further. It didn't happen. "I try to look out 10 or 20 years when making an acquisition, but sometimes my eyesight has

been poor," he said in a 2013 interview with The Business Insider. If even top experts can't predict the market reliably, how can average investors position themselves to either benefit or be protected from market and interest rate moves? Happily it's actually quite simple. It's called asset allocation.

The term is just a fancy way to describe an investment plan. No one would build a house without a blueprint, but many embark upon the construction of their financial future with-

out the slightest plan.

A great exercise for early 2014 is to determine what the current asset allocation is in your RRSP, i.e. how much in cash, bonds and equities or stocks. In mine, for example, I have eight per cent in cash, 35 per cent in bonds and 57 per cent in equities. I aim for a 10-35-55 mix but the equities are up a bit because my U.S. investments have been so strong.

Don't worry about picking an asset allocation yet, just figure out what you have.

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# Give Slow Cooker Meatballs some new life with seeds

**THERESA ALBERT**  
myfriendinfood.com

Instead of nutrition-free breadcrumbs, why not hold meatballs together with nutrient-dense chia seeds and oats? Tastes the same, and it's 100 per cent healthy.

1. Place ground beef, oats, egg, chia and seasoning in a bowl.

2. Mix well with hands and use an ice cream scoop to place into bottom of a large slow cooker set on high.

## Ingredients

- 1 lb extra lean ground beef
- 1/2 cup oats, whirled in a blender
- 1 egg, beaten
- 1 tbsp whole or ground chia seeds
- 1 tbsp Italian seasoning
- 1 jar tomato sauce

**PREP**  
10 MINUTES



This recipe serves six. COURTESY THERESA ALBERT

3. Microwave tomato sauce with the lid off to speed up cooking. Empty tomato sauce over meatballs, cover and let cook on high for 2-3 hours or

on low for 8-10.

4. Serve with buns for Meatball Sandwiches or over pasta with salad.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

## Health Solutions

### Chi-chi-chi-chia seeds



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

Chia is a seed much like the poppy seed in that it only grows when the salvia plant is ready to bloom.

Like other seeds, this wee nugget of nourishment contains all the nourishment that the plant will need to begin anew.

You know all about its superior fibre content and its ability to help stabilize blood sugar levels, heck, you probably even bought a bag and have looked at it for a year.

But, besides sprinkling it on your yogurt, what else can you do with it? Here are some ideas:

- Chia is an excellent

binder when making meatloaves or meatballs because it holds water better than breadcrumbs.

- Use it ground in salad dressings to help reduce the amount of oil. 1/4 tsp replaces about a tablespoon of oil.

- Soak 2/3 cup of chia seeds in 2 cups of almond milk and set aside in the fridge for three to eight hours. It will thicken into a tapioca-pudding-like dish that is great warm or cold with a dash of cinnamon.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



## Credit Card Authorization Assistant

Metro's Finance Department is looking for a Credit Card Authorization Assistant to join the Credit & Collections team. Reporting to the Credit & Collections Manager, the successful candidate will be responsible for ensuring that all payments made to Metro are correctly received and reported.

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- Credit cards processing for Amex, MasterCard and Visa in Payfirma system for prepay ads
- Obtain credit card information from customers via telephone and Fax to process the cards
- Comply to PCI compliance rules
- Responsible to approve or Cancel prepay orders based on payment received 36 hrs prior to ad run date for western markets
- Follow up on customers prepay account outstanding with sales reps

### REQUIREMENTS OF THE POSITION:

- 2 to 3 years related experience
- Experience in working in web based programs
- Comprehensive knowledge of Microsoft Office, Excel and Word
- Customer Service Skills
- Ability to multi-task and work in a fast paced environment
- Detail oriented
- Flexible, independent, creative, efficient, entrepreneurial spirited rebel preferred

If you think you have what it takes for this position, send your resume and cover letter to [hr@metronews.ca](mailto:hr@metronews.ca) no later than **January 17th, 2014**. PLEASE QUOTE: "Credit Card Authorization Assistant" in the subject line. We would like to thank all applicants for their interest in this position; however, only those considered for an interview will be contacted. All submissions will be treated as confidential.

metro

# Pork Bolognese gets five-spice treatment

This Bolognese is mostly effortless. You can make it even more so by using the food processor to chop your vegetables. Just toss them all in at once, then pulse until finely chopped. As for the meat, pork is delicious, but feel free to substitute beef, veal or turkey.

1. Bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions. Drain and set aside.

2. Meanwhile, heat a large sauté pan over medium-high. Add the pork and sauté for 2 minutes, or until fat begins to render from the meat.

3. Add the onion, celery, carrot and garlic. Sauté until the carrots are tender, about 5



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

minutes. Stir in the five-spice powder and tomatoes. Bring to a simmer. Stir in the Parmesan, then season with salt and pepper. Stir in bit of basil.

4. Add the pasta, tossing to coat well. Serve topped with additional basil.

**THE ASSOCIATED PRESS**

## Ingredients

- 12 oz pasta
- 1 lb lean ground pork
- 1 large yellow onion, diced
- 1 celery stalk, finely chopped
- 1 carrot, peeled and finely

- chopped
- 3 cloves garlic, minced
- 1 tbsp five-spice powder
- 28-oz can crushed tomatoes
- 1/2 cup grated Parmesan

- cheese
- Salt and ground black pepper
- Chopped fresh basil

## NCAA football

### Winston plays the hero vs. Auburn

Florida State fans shouted and danced in raucous celebration after their top-ranked team roared back in the fourth quarter to beat Auburn in the BCS championship game.

Many pumped fists gleefully and shouted deliriously in Tallahassee, Fla., after Jameis Winston threw a two-yard touchdown pass to Kelvin Benjamin with 13 seconds left as Florida State beat Auburn 34-31 on Monday night.

THE ASSOCIATED PRESS

## Czech Republic

### Jagr gunning for 3rd Olympic medal

Jaromir Jagr will play in his fifth Olympics, leading the Czech hockey team at the Winter Games in Sochi next month.

Jagr, 41, was on the Czech team that won gold at the 1998 Olympics in Nagano, the first games featuring NHL players. He also helped the Czechs win the bronze medal in Turin in 2006.

The 25-man Czech team, announced Monday in Prague, also includes Jakub Voracek, Tomas Plekanec and David Krejci.

THE ASSOCIATED PRESS

## CFL

### Argos' Durie inks contract extension

The Toronto Argonauts signed slotback Andre Durie to a contract extension Monday. The Argos announced Durie is under contract through the 2016 season. THE CANADIAN PRESS



Flames winger Mike Cammalleri and Avalanche winger Gabriel Landeskog watch the puck in the first period on Monday in Denver. The Flames won 4-3.  
JOE MAHONEY/THE ASSOCIATED PRESS

# Flames score in dying minutes to top Avs

**NHL.** Calgary finally puts some pucks in the net after being shut out in 3 of their last 4

## On Monday

4

Flames

3

Avalanche

Jiri Hudler and Joe Colborne had a goal and assist each, and Mike Cammalleri scored a power-play goal at 16:30 of the third period to lift the Calgary Flames to a 4-3 win over the Colorado Avalanche on Monday night.

Sean Monahan also scored and Karri Ramo stopped 22 shots for the Flames, who

broke out of an offensive slump to end a four-game skid.

Calgary came into the game having been shut out in three of its last four games. The Flames' only goal since Dec. 23 came in a 4-1 loss to Philadelphia.

Nathan MacKinnon had two goals and Paul Stastny had a goal and two assists for the Avalanche, who had won three straight coming into the game.

The game was tied at 3-3 when Colorado drew a bench minor for too many men on the ice. With Jamie McGinn in the penalty box, Hudler fed Cammalleri in front of goalie Jean-Sebastien Giguere for the winner.

Giguere finished with 15 saves.

The Avalanche pulled Giguere for an extra skater with about a minute left but couldn't get a shot on net.

Trailing 2-1 late in the second period, the Flames scored twice in a span of 2:28 to take the lead. Colborne tied it when he tipped TJ Galiardi's shot from the point with 2:32 left in the frame.

Hudler gave Calgary the lead when he battled for position in front of Giguere and then flicked a backhand through the goalie's legs to make it 3-2.

The Avalanche got a power play at the end of the period but couldn't capitalize.

They tied it on Stastny's 12th goal of the season at 9:33 of the third. THE ASSOCIATED PRESS

# McPherson heading north to join Stamps



Quarterback Adrian McPherson — who last played in the CFL with Montreal — signed a contract with the Stampeders on Monday. JEFF MCINTOSH/THE CANADIAN PRESS

Adrian McPherson is returning to the CFL.

The veteran quarterback has signed with the Calgary Stampeders, according to a source. McPherson, 30, spent five seasons with the Montreal Alouettes (2008-12), earning Grey Cup rings in 2009 and 2010 with the club before being released to pursue other offers.

Instead of landing another CFL job, the six-foot-three, 220-pound native of Bradenton, Fla., spent last season with the Tampa Bay Storm of the Arena Football League. McPherson ap-

peared in 13 games, completing 238 of 385 passes (61.8 per cent) for 3,151 yards and 59 touchdowns with five interceptions.

McPherson also added 415 yards rushing on 91 carries with 31 TDs, all team highs. In 2004, McPherson was the AFL's top rookie with the Indiana Firebirds.

In Montreal, McPherson served mostly as the backup behind Anthony Calvillo, completing 145 of 247 passes for 1,505 yards with 10 TDs and six interceptions during his time with the Alouettes.

He also rushed for 1,035 yards on 218 attempts, scoring 20 touchdowns.

On Sept. 11, 2010, McPherson started in place of an injured Calvillo and guided Montreal to a 27-6 road win over the Hamilton Tiger-Cats. In that game, McPherson completed 21 of 37 passes for 238 yards and a touchdown and also ran for 121 yards.

The addition of McPherson fills a need for Calgary, which lost veteran Kevin Glenn to the expansion Ottawa Renegades last month. THE CANADIAN PRESS







## Horoscopes

### Aries

March 21 - April 20

Try to avoid confrontation today because you will come out second best. If possible, go and be by yourself for a while. You'll return physically and mentally refreshed, and with lots of great new ideas.

### Taurus

April 21 - May 21

You seem to think the worst is going to happen. You should know by now that is exactly the sort of thought pattern that encourages bad things to happen. Be positive.

### Gemini

May 22 - June 21

If you make an effort today, it will pay off. The only problem is you are not in the mood to do anything strenuous. That's OK but don't blame others for your lack of progress.

### Cancer

June 22 - July 23

You may not enjoy what happens today, not least because you have no control over events. But if you accept it and refuse to be upset, it won't be so bad. You can always control the way you react.

### Leo

July 24 - Aug. 23

Everything must be in its proper place and if it isn't, someone is going to get the blame, and it won't be you. You may be easy-going most of the time but sometimes you are like your next-door-neighbour sign Virgo — obsessed by details.

### Virgo

Aug. 24 - Sept. 23

Keep things simple today because the more complicated you allow your activities to get, the more likely it is you will get confused and make a mistake.

### Libra

Sept. 24 - Oct. 23

It will pay you to be secretive, especially if you're working on a plan requiring the element of surprise to succeed. If people start sniffing around, tell them anything but the truth.

### Scorpio

Oct. 24 - Nov. 22

Stop worrying that you are not doing enough or that your rivals are winning. The planets indicate that success will be yours once you learn to relax and not take life so seriously.

### Sagittarius

Nov. 23 - Dec. 21

You can make a little go a long way today, emotionally as well as financially. The trick is to not give too much away, and keep others guessing what you intend to do with it.

### Capricorn

Dec. 22 - Jan. 20

Wield the axe and cut back on the things in your life that are not important. That applies especially to your career where, it seems, you have taken on too much responsibility too soon.

### Aquarius

Jan. 21 - Feb. 19

What you have to do today may seem boring but if you do it well, you will come to the attention of powerful people and, in the long-term, the rewards will be worth the effort many times over.

### Pisces

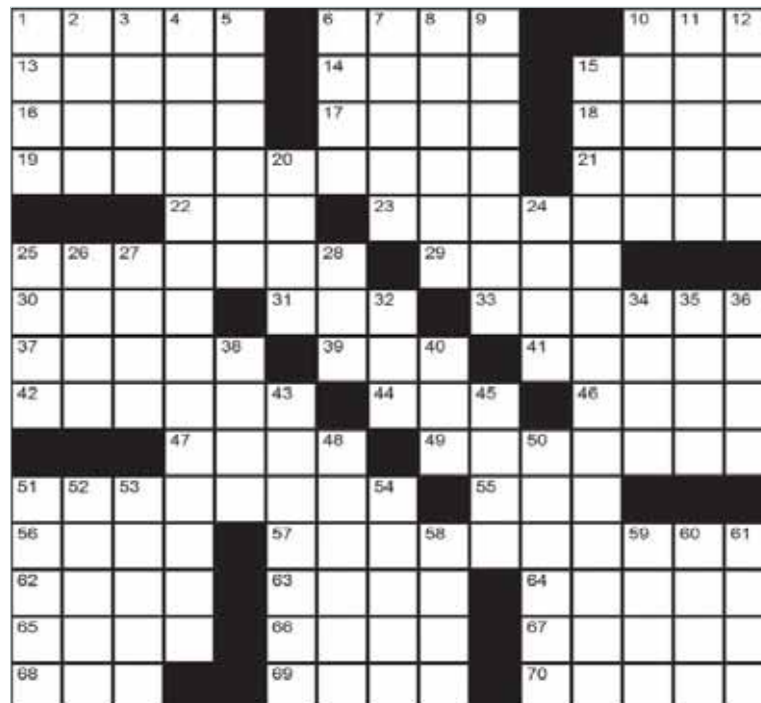
Feb. 20 - March 20

There is a lot going on behind the scenes at the moment, so don't make too many plans because they are sure to change. If someone asks you to take on more work turn them down. It's the last thing you need right now. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- "The Lion King" (1994) character
- Sporty Steffi's surname
- Straw
- Anne Murray's "You Needed Me" bit: "I cried \_\_\_\_"
- Prefix meaning 'Rock'
- Merchandise
- Corporate shuffle, in brief
- Celebes buffalo
- Shangri-la
- Loggins & Messina tune covered by Anne Murray: 2 wds.
- 'A' in AD
- Rock supergr.
- Sabre with a curved blade
- Fractures-checking hosp. spot: 2 wds.
- PayPal co-founder Mr. Musk
- Hr. parts
- \_\_\_\_-and-tuck
- Catch
- Sherbrooke 'student'
- Avril's Sk8er's gender
- Saskatchewan town south of Regina
- "Four Weddings and a Funeral" (1994) director, Mike \_\_\_\_
- Married woman's title
- Wet \_\_\_\_ (Moisture wipes)
- Money in Oman



- "Family Ties" clan, The \_\_\_\_
- Private
- Uniquely-spelled mountain basin
- \_\_\_\_, California
- Married woman's title
- Ottawa: 7 Rideau Gate... Canada's \_\_\_\_ for heads of state

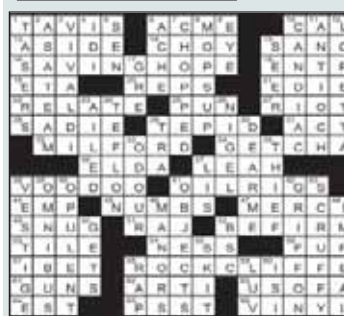
- Carson's successor
- French for 'the water'
- Mosaic component
- Legendary celebrity
- Gaelic
- Broadcast again
- Bus or train, e.g.
- River of Flanders

- Paul of "Be-witched"
- Baby Atlantic Her-ring, for short
- Virginia willow
- Joni Mitchell's "You Turn \_\_\_\_ I'm a Radio"
- Mordecai Richler book-turned-movie

- starring Paul Giamatti: 2 wds.
- Edmonton neighbourhood
- 4.0, et al.
- HGTV Canada jobs
- Now!: 2 wds.
- Parcel word
- "Hmmm... I thought of that."
- Hockey game

- place
- Type of opera singer
- Bit of #19-Across: "And even though \_\_\_\_ I'm so in love with you honey..."
- Bridge
- Single-meaning prefix
- Wolverine's mutant buddies
- Vex
- All over again
- necklace
- Cheerleading prop, when doubled
- Gambling town
- Prayer sign-off
- Scholastically succeed
- Film director Mr. Petri
- Gall
- British Columbia city
- Faith faction
- Matt of "Today", and surnamesakes
- Twirling
- Ancient Greek city-state
- Remove the movie video
- Didn't stop, like a sentence: 2 wds.
- Charter
- Plaintiff
- \_\_\_\_ Bator, Mongolia
- Expressed
- Bronte heroine surname

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

TODAY

WEDNESDAY

THURSDAY



MAX: -9°  
MIN: -10°



MAX: 5°  
MIN: -12°



MAX: 4°  
MIN: -8°

## ANDREW SCHULTZ METEOROLOGIST

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**WEEKDAYS 5:30 AM**



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